

# Individual Development Plan

All BU postdocs are required to develop an individual development plan (IDP) annually, for each appointment year. Please use this fillable PDF to gather your self-assessment notes, enter your goals, and write your actionable plan for development in collaboration with your PI/ supervisor. Then submit via webform using the instructions provided on the [Postdoctoral Affairs website](#).

## SECTION 1: POSTDOC INFORMATION

Postdoc Name

Postdoc Email

Title (Associate/Associate NRSA/Fellow)

Department/Center

College/School

Supervisor/PI Name

Supervisor/PI Email

## SECTION 2: SELF-ASSESSMENT

Summarize your strengths, interests, and values from the self-assessment worksheet.

### SECTION 3: GOALS

What are your research goals?

What are your career goals?

What are your professional development and learning goals?

#### SECTION 4: INDIVIDUAL DEVELOPMENT PLAN

What specific actions will the postdoc and mentor take to ensure the postdoc's success? This action plan is to be developed jointly by the postdoc and the supervisor during or after their IDP discussion.

**SECTION 5: ATTESTATION FOR POSTDOCS**

YES NO

Did you complete the strengths, interests, and values self-assessment?

Did you share the self-assessment summary with your PI?

**SECTION 6: ATTESTATION FOR SUPERVISORS**

YES NO

Have you reviewed the postdoc's strengths, interests, and values summary?

Have you met with the postdoc to discuss their research, career, and professional development goals?

Have you discussed the actionable IDP with the postdoc?

Does the postdoc's actionable IDP have your approval?

**SECTION 7: APPROVALS**

**PI/Supervisor**

**Printed Name**

**Date**

**Additional Supervisor (if applicable)**

**Printed Name**

**Date**

**Postdoc**

**Printed Name**

**Date**